# SIXTY DAY WORKOUT CHALLENGE

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# WHAT'S ALL THIS ABOUT?

1: **THIS IS FUNCTIONAL STRENGTH BUILDING**! My goal is to get you started on the right track towards bringing out that *ULTIMATE SUPERHUMAN* within you waiting to be released. This program is **NOT ONLY** designed to train your body, but also your MIND!

2: **GETTING WARM** is not something you should make an option! It is important to get your muscles warm to reduce your risk of getting injured. Slightly increasing the body and muscle temperature allows oxygen to become more available to your muscles, which will allow them to contract and relax easier. Take time to get the blood pumping, get your mind right, and your body warm! On page 5 there are several different warm up video options available to you each day. Try a different **WARM UP VIDEO** each day and find out which one works the best for you!

3: **YOUR DIET** has to match your goals! What you do and don't do in the kitchen is equally as important as what you do in the gym. Sometimes we like to have one without the other, but things most likely will not workout in your favor if that's your mindset. If you want to lose weight, put your body in a caloric deficit. If you want to gain weight, put your body in a caloric surplus. Also, eating balance meals is important. YES, **protein** is important, however you cannot forget your **healthy fats** and **carbs** as well

4: The way you **GET OUT** of the gym is not to be placed far beneath the way you get warm. Having a solid cool down session prepares your muscle to get ready to repair from the pain you just placed on them, as well as getting them ready for their next workout. You have several different **COOL DOWN VIDEOS** available to you on page 6. Try different cool downs to and find out which one works best for you.

5. **THIS PROGRAM IS A FOLLOW ALONG GUIDE!** Everyone has a different body and set of circumstances. So understand some of you will need to repeat a video, and some of you won't finish a video. You have to be honest with yourself!

6. This program can be used for **GAINING** or **LOSING**. As I mentioned in the 3rd point **YOUR DIET** has to match your goals. Meaning, if your goal is to gain you need to be in a caloric **SURPLUS** and if your goal is to lose, you need to be in a caloric **DEFICIT**! If you need more help in this area, inquire about our **ONLINE COACHING** service!

7. If you cannot maintain **GOOD FORM**, slow down! Your good techniques and form will take you much further than rushing through your workout with bad form. For one, bad form will lead to injury sooner or later. I'm not against one or two forced reps at the end of an exercise, but let's not get to crazy with it.

8. 10. If have to **MODIFY** some of the **EXERCISES** on this program, just do something very similar to work that muscle. For example, if impact of the exercise high knees hurt your knees, do high knee march instead. And if high knee marching hurt your knees also, do normal inlace march instead.

9 **AFTER THIS PROGRAM** you can either **A: UPGRADE** and purchase another one of my programs to progress beyond the 60 day workout challenge or **B: Take a few days off and repeat** this 60 day workout and make a few slight changes to encourage more RESISTANCE. More resistance can come in the form of more reps, adding a weighted vest, or even skipping some rest breaks. But no matter which option you choose(A or B), **JUST DON'T STOP**!

**DIET GUIDE**: https://gymoclockfitness.com/collections/training-programs/products/daily-food-guide-with-sample-meal-plan

# GET WARM

| WARM-UP | | LINK |
|---|---|---|
| PERFECT 5 MINUTE FULL BODY WARM-UP | | https://youtu.be/9gbrUniCu2s |
| 10 MINUTE MORNING GET WARM & SWEAT | | https://youtu.be/6xRXfVkaKZk |
| 10 MINUTE NO BREAK MORNING WORKOUT | | https://youtu.be/swOw6BAXc7g |
| 5 MINUTE FULL BODY WARM-UP | | https://youtu.be/yyCkO-UtBFM |
| 10 MINUTE MORNING WORKOUT | | https://youtu.be/3sEeVJEXTfY |
| | | |
| | | |
| | | |

"2: **GETTING WARM** is not something you should make an option! It is important to get your muscles warm to reduce your risk of getting injured. Slightly increasing the body and muscle temperature allows oxygen to become more available to your muscles, which will allow them to contract and relax easier. Take time to get the blood pumping, get your mind right, and your body warm! On page 5 there are several different warm up video options available to you each day. Try a different **WARM UP VIDEO** each day and find out which one works the best for you!"

# GET COOL

| COOL DOWN | | LINK |
|---|---|---|
| DAILY 10 MINUTE MOVEMENT STRETCH | | https://youtu.be/f-G70VJMZvU |
| 15 MINUTE COOL DOWN STRETCH | | https://youtu.be/aNFN-RFuqQA |
| DAILY 10 MINUTE MOBILITY ROUTINE | | https://youtu.be/epwx_I4F0lM |
| 30 MINUTE FULL BODY STRETCH | | https://youtu.be/3TlJM9sOQGM |
| 20 MINUTE FULL BODY STRETCH | | https://youtu.be/c1mdorMppH4 |
| 10 MINUTE FULL BODY STRETCH | | https://youtu.be/BKfGWNTssCY |
| 7 MINUTE BACK PAIN RELEIF WORKOUT | | https://youtu.be/YA83aWZageg |
| | | |

"4: The way you **GET OUT** of the gym is not to be placed far beneath the way you get warm. Having a solid cool down session prepares your muscle to get ready to repair from the pain you just placed on them, as well as getting them ready for their next workout. You have several different **COOL DOWN VIDEOS** available to you on page 6. Try different cool downs and find out which one works best for you."

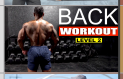
# DAYS 1-10

| WORKOUT | | LINK |
|---|---|---|
| DAY 1: | | https://youtu.be/laaAeypZQ_0 |
| | | https://youtu.be/7ODJboTuANY |
| DAY 2: | | https://youtu.be/537CiUBg0UY |
| | | https://youtu.be/YA83aWZageg |
| DAY 3: | | https://youtu.be/O6r6MKZaEmM |
| | | https://youtu.be/ldrG5GTgF_0 |
| DAY 4: | | https://youtu.be/uTo2m16eJqI |
| | | https://youtu.be/BQAtwmaXbzM |
| DAY 5: | | https://youtu.be/N2ZUhaCdzqQ |
| | | https://youtu.be/6z49XS7ohGo |
| DAY 6: | | https://youtu.be/XNgP5HsjcbE |
| | | https://youtu.be/Y2S-a_2VPSI |
| DAY 7: | | https://youtu.be/iID3FgaKNE0 |
| | | https://youtu.be/AAyW-CRr-sk |
| DAY 8: | | https://youtu.be/r4aMIs0ouPU |
| | | https://youtu.be/PJxoIbzqGR8 |
| DAY 9: | | https://youtu.be/QJIZvLKaJlE |
| | | https://youtu.be/f-G70VJMZvU |
| DAY 10: | | https://youtu.be/4OLfW8vbDZw |
| | | https://youtu.be/N2ZUhaCdzqQ |

# DAYS 11-20

| WORKOUT | | LINK |
|---|---|---|
| DAY 11: | | https://youtu.be/__uIuGojJU4 |
| | | https://youtu.be/iID3FgaKNE0 |
| DAY 12: | | https://youtu.be/XNgP5HsjcbE |
| | | https://youtu.be/QJIZvLKaJIE |
| DAY 13: | | https://youtu.be/537CiUBg0UY |
| | | https://youtu.be/6DCVLEhI-lQ |
| DAY 14: | | https://youtu.be/O6r6MKZaEmM |
| | | https://youtu.be/pTTRsWkdyvk |
| DAY 15: | | https://youtu.be/6xRXfVkaKZk |
| | | https://youtu.be/f-G70VJMZvU |
| DAY 16: | | https://youtu.be/fyzyvbyLie4 |
| | | https://youtu.be/N2ZUhaCdzqQ |
| DAY 17: | | https://youtu.be/HzfHKN6rmpk |
| | | https://youtu.be/PryRaKker6Q |
| DAY 18: | | https://youtu.be/SML-fA6EJh4 |
| | | https://youtu.be/OuuHtV0l9P0 |
| DAY 19: | | https://youtu.be/kCF9MmHAJSk |
| | | https://youtu.be/537CiUBg0UY |
| DAY 20: | | https://youtu.be/AAyW-CRr-sk |
| | | https://youtu.be/swOw6BAXc7g |

# DAYS 21-30

| WORKOUT | | LINK |
|---|---|---|
| DAY 21 | | https://youtu.be/15_K5PAOwOk |
| | | https://youtu.be/qIg4ScH4UcE |
| DAY 22 | | https://youtu.be/vBikTC9b0wQ |
| | | https://youtu.be/BQAtwmaXbzM |
| DAY 23 | | https://youtu.be/537CiUBg0UY |
| |  | https://youtu.be/lyb7UAtsq4w |
| DAY 24 | | https://youtu.be/O6r6MKZaEmM |
| | | https://youtu.be/ldrG5GTgF_0 |
| DAY 25 | | https://youtu.be/_KOBx1fljfs |
| | | https://youtu.be/Fw1xXBjFMAo |
| DAY 26 | | https://youtu.be/Y2S-a_2VPSI |
| | | https://youtu.be/qgjdta2jyxw |
| DAY 27 | | https://youtu.be/__uIuGojJU4 |
| | | https://youtu.be/CnfitL4Rl0o |
| DAY 28 | | https://youtu.be/30c8d9smbsE |
| | | https://youtu.be/A0BhN-HAkt8 |
| DAY 29 | | https://youtu.be/iCQ2gC4DqJw |
| | | https://youtu.be/pTTRsWkdyvk |
| DAY 30 | | https://youtu.be/6xRXfVkaKZk |
| | | https://youtu.be/aNFN-RFuqQA |

# DAYS 31-40

| WORKOUT | | LINK |
|---|---|---|
| DAY 31 | | https://youtu.be/fyzyvbyLie4 |
| | | https://youtu.be/iID3FgaKNE0 |
| DAY 32 | | https://youtu.be/K7RFdtPi2oU |
| | | https://youtu.be/vBikTC9b0wQ |
| DAY 33 | | https://youtu.be/_KOBx1fljfs |
| | | https://youtu.be/6DCVLEhl-IQ |
| DAY 34 | | https://youtu.be/6xRXfVkaKZk |
| | | https://youtu.be/6z49XS7ohGo |
| DAY 35 | | https://youtu.be/4OLfW8vbDZw |
| | | https://youtu.be/oAPCPjnU1wA |
| DAY 36 | | https://youtu.be/xngUfoWLkFw |
| | | https://youtu.be/GfUpbhaCK7Y |
| DAY 37 | | https://youtu.be/15_K5PAOwOk |
| | | https://youtu.be/mm47bCaCzpQ |
| DAY 38 | | https://youtu.be/__uIuGojJU4 |
| | | https://youtu.be/SGGFhEpAkPw |
| DAY 39 | | https://youtu.be/537CiUBg0UY |
| | | https://youtu.be/O6r6MKZaEmM |
| DAY 40 | | https://youtu.be/_KOBx1fljfs |
| | | https://youtu.be/N2ZUhaCdzqQ |

# DAYS 41-50

| WORKOUT | | LINK |
|---|---|---|
| DAY 41 | | https://youtu.be/4OLfW8vbDZw |
| | | https://youtu.be/iID3FgaKNE0 |
| DAY 42 | | https://youtu.be/AAyW-CRr-sk |
| | | https://youtu.be/f-G70VJMZvU |
| DAY 43 | | https://youtu.be/fyzyvbyLie4 |
| | | https://youtu.be/N2ZUhaCdzqQ |
| DAY 44 | | https://youtu.be/__uIuGojJU4 |
| | | https://youtu.be/Fw1xXBjFMAo |
| DAY 45 | | https://youtu.be/ojs-UW8ULhs |
| | | https://youtu.be/3TlJM9sOQGM |
| DAY 46 | | https://youtu.be/6DCVLEhl-lQ |
| | | https://youtu.be/A0BhN-HAkt8 |
| DAY 47 | | https://youtu.be/537CiUBg0UY |
| | | https://youtu.be/kCF9MmHAJSk |
| DAY 48 | | https://youtu.be/O6r6MKZaEmM |
| | | https://youtu.be/ldrG5GTgF_0 |
| DAY 49 | | https://youtu.be/__uIuGojJU4 |
| | | https://youtu.be/ISk3x9E7ars |
| DAY 50 | | https://youtu.be/15_K5PAOwOk |
| | | https://youtu.be/Y2S-a_2VPSI |

# DAYS 51-60

| WORKOUT | | LINK |
|---|---|---|
| DAY 51 | | https://youtu.be/QJIZvLKaJIE |
| | | https://youtu.be/vBikTC9b0wQ |
| DAY 52 | | https://youtu.be/4OLfW8vbDZw |
| | | https://youtu.be/iCQ2gC4DqJw |
| DAY 53 | | https://youtu.be/AAyW-CRr-sk |
| | | https://youtu.be/f-G70VJMZvU |
| DAY 54 | | https://youtu.be/fyzyvbyLie4 |
| | | https://youtu.be/iID3FgaKNE0 |
| DAY 55 | | https://youtu.be/HzfHKN6rmpk |
| | | https://youtu.be/6xRXfVkaKZk |
| DAY 56 | | https://youtu.be/7ODJboTuANY |
| | | https://youtu.be/15_K5PAOwOk |
| DAY 57 | | https://youtu.be/537CiUBg0UY |
| | | https://youtu.be/Fw1xXBjFMAo |
| DAY 58 | | https://youtu.be/QJIZvLKaJIE |
| | | https://youtu.be/_m9yqLh91Eo |
| DAY 59 | | https://youtu.be/AAyW-CRr-sk |
| | | https://youtu.be/f-G70VJMZvU |
| DAY 60 | | https://youtu.be/fyzyvbyLie4 |
| | | https://youtu.be/N2ZUhaCdzqQ |

# CONGRATS!

You have completed this 60 Day Program! Proud of you and would love your feedback! Feel free tag us on Instagram and Facebook with your results!

IG: @GymoclockFitness

Facebook: Gymoclock Fitness

My personal IG: @BullyJuice

Email: gymoclockweb@gmail.com

# THANK YOU!